INNOVATIONS IN DEVELOPING THE MENTAL HEALTHCARE AGENDA:
THE DEVELOPMENT OF A MULTI-STAKEHOLDER INITIATIVE

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APRIL 24, 2017
The problem
MENTAL HEALTH IMPACTS VASTLY MORE THAN JUST HEALTH ALONE

THREE BROAD IMPACTS OF MENTAL HEALTH:

Top 5 burden on global health
A staggering loss of economic productivity
Chronic diseases of the young

**Key Problems:**

- Transactional rather than transformative approaches
- Models for integrating and measuring
- Short-term approaches confined to specific population groups
CITIES: AN IMPETUS FOR ACTION IN GLOBAL CITIES

1. Significant population growth³
2. Higher prevalence of mental illness⁴
3. Sustainable Development Goals

Formation of mhNOW
MHNOW: CITIES FOR MENTAL HEALTH

Goal 2030:
To foster a network of 30 global cities to mobilize collaboration, innovation, and investment in mental health at local, national, and international levels.

mhNOW is a challenge to cities worldwide to reduce the burden of mental illness and promote mental health by catalyzing collective actions across sectors.
CITIES AS LEADERS IN AN INTERNATIONAL EFFORT TO REDUCE THE MENTAL HEALTH BURDEN
MHNOW BRINGS THE BEST-IN-CLASS EXPERTS AND A STRONG NETWORK OF ADVISORS TO SUPPORT IMPACT AT SCALE

Helen Herrman – President, World Psychiatric Association (Chair of mhNOW Executive Committee)

Graham Thornicroft – Professor of Community Psychiatry, King’s College London (Chair of mhNOW Steering Committee)

Chris Underhill – President, mhNOW and Founder of BasicNeeds

Moitreyee Sinha – CEO, mhNOW

”mhNOW provides an opportunity for organizations such as World Psychiatric Association to lead and contribute to efforts to tackle key problems and take opportunities related to the mental health of people globally.”

-WPA 2017
A PLATFORM FOR SUPPORTING ACTION

MHNOW PLATFORM
mhNOW Core Team plus technical experts

Global Institutional (and Implementing) Partners
- Grand Challenges Canada
- World Psychiatric Association
- BasicNeeds
- King’s College London
- ThriveNYC
- Harvard University

Other Implementing Partners
National and local organizations: Step Up, StrongMinds, Fountain House, Keystone Institute, Arogya World, Children’s Health Fund and many others
Youth-focused organizations: Orygen Youth Health, HeadStrong, Active Minds and local networks
International NGOs: International Medical Corps, CBM, World Vision, Initiative for Mental Health Leadership (IMHL)
Networks: Mental Health Innovation Network, Stability Network, Cities Thrive
Smart City organizations: Global Futures Group, Clear Village & Machine Room
National, county or city mental health authorities, local professional societies and academic partners
MHNOW AWARDED AT THE 2016 CLINTON GLOBAL INITIATIVE ANNUAL MEETING
mhNOW in practice
TAking a broader view of mental health and wellbeing

Mental Health Promotion
- Public Safety
- Public Space
- Access to Resources
- Valuing of Diversity

Mental Health Care
- Social and Democratic Inclusion
- Awareness and Education on Mental Health
- Access to Mental Health Services and Support
MEASURING PROGRESS ACROSS DOMAINS OF CHANGE

- A community system that supports mental health and well-being
- Effective and strengthened health system
- Positive interactions between community and health providers
- Young people mobilized in the service of mental health and well-being
- Effective use of data and technology
- Achievement of social inclusion
CITIES WILL PARTICIPATE WITH MHNOW IN WAYS THAT MEET THEIR OWN PRIORITIES

Illustrative examples across the six domains of change, we anticipate choices to vary:

<table>
<thead>
<tr>
<th>City</th>
<th>A community system that supports mental health and well-being</th>
<th>Effective and strengthened health system</th>
<th>Positive interactions between community and health providers</th>
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## GLIMPSES OF CITIES FOR MENTAL HEALTH

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<th>City</th>
<th>Opportunity for collaboration</th>
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<td><strong>New York</strong></td>
<td>Draw out structures and processes from ThriveNYC that can be replicated in new locations, adding to a toolkit for mental health impact in cities.</td>
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<td><strong>Detroit</strong></td>
<td>Support the development of the public-private partnership model for broader uptake nationally in the US to break through traditional silos in mental health.</td>
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<td><strong>Singapore</strong></td>
<td>Development and implementation of a city-wide stigma reduction strategy that aims to increase help-seeking can have significant impact across other cities in Asia and globally.</td>
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<td><strong>Chennai</strong></td>
<td>Access to global strategies for suicide prevention and toolkits for programs focused on young people to develop a city-wide initiative that can be adopted globally.</td>
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GLIMPSES OF MHNOW ACCELERATOR

In October 2016, mhNOW launched a global accelerator to source and scale up existing evidence-based, affordable practices to the masses. The examples below highlight innovations in the mhNOW pipeline:

**Atmiyata, India:** A two-tiered community-led mental health model in India, leveraging existing networks and digital approaches and developing community-based organizations to detect mental disorders.

**Opportunity for broader impact:** mhNOW is supporting Atmiyata to develop strategic pathways for scaling up in the state of Gujarat, and using urban centers as a strategy for broader adoption nationally in India.

**StrongMinds, Uganda:** A social enterprise that provides life-changing mental health services to low-income African women through a group talk therapy model and a network of self-perpetuating talk therapy groups.

**Opportunity for broader impact:** mhNOW is supporting StrongMinds to develop a framework for expansion in other countries in Africa by leveraging mobile technology platforms and optimizing the cost model.
Amazing Minds Africa, Depression and Stress Society and MyMindMyFunk are youth-led mental health initiatives in Nairobi. Examples of their initiatives include:

- Interactive workshops that involve dance, poetry and storytelling
- Public awareness events that give people living with mental illness opportunities to share
- Radio shows promoting mental health
- Training community members on how to handle epileptic seizures and people who are mentally ill

Opportunity for broader impact:
Youth leaders in Nairobi can be supported to join forces to create comprehensive mental health programs on university campuses, building a blueprint for mental health support in institutions for higher learning to be shared across Africa.
A STAGED APPROACH TO WORKING WITH CITIES

Stage 1: 

Stage 2: 

Stage 3: 

Stage 4: 

[Diagram of stages with icons and city skyline]
ROADMAP FOR CHANGE

- 2023: 20 Cities
- 2030: 30 Cities
- 2050: Leading group of 100 cities

Geographic Coverage

Progress across domains of change

Global

Influence outside cities

City nodes inform country system
The time to act on mental health is now.

With the right kind of leadership from public and private sectors, affordable support for mental health can be developed by connecting formal and informal services across the city.

Participating in mhNOW requires a willingness to take bold steps toward reducing the mental health burden.
Thank you